Sports

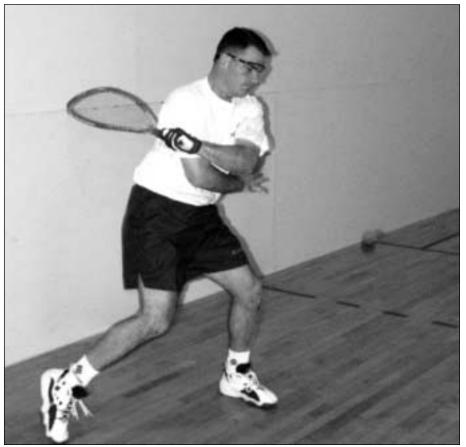


Photo by Staff Sgt. Heather Shelton, 8th FW/PA

Tom Fuhrmann practices his backhand at the Sports and Fitness Center

Air Force racquetball champion prepares for interservice competition

By Staff Sgt. Heather Shelton 8th Fighter Wing Public Affairs

An Air Force level champion of what's being called the fastest sport around because of its 200-mph ball speed, Wolf Pack's Tom Fuhrmann, 8th Operations Support Squadron, is heading off to the Interservice Champion Racquetball Competition.

Fuhrmann, who has been playing the sport since high school, returns to the competition in Fort Sam Houston, Texas, for a showdown from May 13-20. Winning third place in the competition last year helped him earn the right to play in the U.S. Nationals where he ranked fifth in the nation in the 25-30-year-old division.

This year, Fuhrmann is one of 900 participants who will again play in the U.S. Nationals, which is scheduled May 23-29 in Houston, Texas.

"I started playing racquetball with my Dad when I was in high school," said Fuhrmann. "I picked up on the game and

Sign up

through your

Wolf Pause

have enjoyed it ever since."

According to Fuhrmann, not only is racquetball fun, but it also provides a good workout.

"Racquetball offers a great cardio workout and increases coordination," said Fuhrmann. "It's also very convenient, because it's played indoors; you can play all year round."

Proving to be a favorite family sport, this year, Fuhrmann's father, retired Air Force Col. John Fuhrmann, and his brother, Capt. Mark Fuhrmann, who's stationed at McChord Air Force Base, Wash., will all play in the Nationals also.

Fuhrmann, an eight-year instructor of the sport, plans to offer a free clinic here when he returns from his competitions in late June or early July. Fuhrmann's clinic usually last two to three hours and covers the sport's basic fundamentals.

People interested in the clinic should sign-up at the Sports and Fitness Center approximately two weeks before the clinic is advertised.



The 'Aoff Pack Sports & Rithers Center invites you to participate in Air Force May Rithers 2001, the 16th Annual May Rithers Month—Get Rit and have a Balli Curing 2001, fitness Month—Get Rit and have a Balli Curing 2001, fitness centers worldwide will encourage Air Rorce personnel to make 1 thesis a regular part of their daily lives. The more you participate, the more points you earn towards winning the grand prize—a trip for four to the Brickyard 400 in Indianapolis. Points will be awarded for participation in various activities such as: May Sports Day, May Rithers Events, & many others! Pick up your "May Rithers Brownin" stamp card to participate! Also, if you participate in an approved event at other facilities such as bowling or golf, make sure you get an "I DID IT" card (TSgt Mills, TSgt Mendozs, SSgt Gastons 17 52-4026 or 4025)

Mass Wann Up	1200	May 25	TO CELTACIA	unit sports
Racquetball Tournament 9-Pin Bowling		May 25 May 25	Witness Courter	presentative
Pool 8-Ball Darts (501)	1200 1200	1200 May 25 Community Center		
Tennis Tournament Tug of War	1300 1300	May 25 May 25	Terms Court Football Field	
Home Run Derby 3 on 3 Baskefb all Beach Volle yball	1300 1300 1400	May 25 May 25 May 25	Soffball Field Fitness Center	Check out
Open Horseshoe Double Pass-Kick-Punt		May 25 May 25	CE Hooch Football Field	events
Chiefs and Eagles Golf 9-Hole Tournament		May 25 May 25	Golf Course +	hroughout he month
10K Bike Race SK Run	1.500 1.600	May 25 May 25	Fitness Center Fitness Center	in the

May 25

May 25

May 25

May 25

May 25

Swimming Pool

Base Track

Base Track

Football Field

Football Field

Lem points each time you participate.

1600

1600

1630

1700

1830

Coed Swim Relay

100 Meter Dash

400 Meter Re lay

Closing Ceremony

Egg Toss

MAY SPORTS DAY

Arm of Forces SK Bun/We k - Spts All Sports Tournements - 2pts All other events - 3pts Points area to awarded for deily workouts, fitness and aerobic classes and microfic assessments. For more information call 762-4026.



American League

Monday 7 p.m. CES (A) vs. MSS 8 p.m. COMM (A) vs. E-ARMY 9 p.m. 35 FS vs. SFS (K-9) Wednesday 6 p.m. AMMO vs. MSS 7 p.m. CPTF vs. E-ARMY 8 p.m. CES (A) vs. COMM (A)

National League

Tuesday 6 p.m CES (B) vs. SFS 7 p.m. COMM (B) vs. QA 8 p.m. F-ARMY vs. OSS 9 p.m. MDG vs. MXS (D) Thursday 6 p.m. SVS vs. SFS 7 p.m. AGE vs. SUPS (B) 8 p.m. TRANS (B) vs. QA 9 p.m. CES (B) vs. OSS